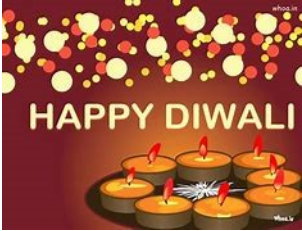



Asterisk \* Next to time indicates Waitlist for that program.

# North Potomac Senior Center 55+ Programs-November 2023



REGISTRATION REQUIRED.  
Programs subject to change without notice.  
Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Significance of Diwali</b> <i>The Festival of Lights</i></p> <p>Diwali represents the victory of knowledge over ignorance, light over darkness, and good over evil. It serves as a time for families to come together, renew relationships, seek blessings, and express gratitude for their blessings. Families unite for traditional pujas (worship ritual), gift exchanges, and sharing of sweets, reinforcing bonds, and well-wishes.</p>		<b>1</b> 9:30 Chair Aerobics 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30-1:30 UMD Wellness Wednesday Nursing Students (see display board for info) 10:00 American Mahjong 10:30 Chinese Dance w/Ming 10:30 Meditation 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing	<b>2</b> 9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program *12:30 Paint and Socialize 1:00 Dance for Posture (Mandarin)	<b>3</b> 9:30 Stretching Exercises to Taiwan Music w/Linda *10:00 Tai Chi CMC 37 Yang Style *10:30 Simple Healthy Cooking (Fee) 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00 Asian Mahjong 2:15 Tai Chi with Master Guo 3:00 Movie, Tea & Discussion with Anna	<b>4</b> 9:15-10:45 Martial Arts Health Dance with Josephine 11:00-Noon Gentle Stretching and Yogic Breathing Techniques (Last day of session)
<b>6</b> *9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Beginners American Mahjongg Lessons w/Nancy 10:00 American Mahjongg *10:30 Easy Dance Fitness 10:45 <i>Unlock Your Rec Story</i> 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:15 Easy Yoga with Susan	<b>7</b> 9:30 Zumba Video 9:30 Chair Aerobics 9:30 JCA Outing to Clarksburg Outlets 10:00 Art with Kamel *10:30 Japanese Language 10:30 Meditate w/Fereshteh 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance	<b>8</b> 9:30 Chair Aerobics 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30-1:30 UMD Wellness Wednesday Nursing Students (see display board for info) 10:00 American Mahjong 10:30 Chinese Dance w/Ming 10:30 Meditation 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 3:00 <i>Unlock Your Rec Story</i> 6:00 Evening Crafters	<b>9</b> 9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) *12:30 Paint and Socialize 1:00 Dance for Posture (Mandarin)	<b>10</b> <b>SENIOR CENTER CLOSED</b> <b>VETERANS DAY OBSERVED</b> 	<b>11</b> 9:15-10:45 Martial Arts Health Dance with Josephine (Last day of session)
<b>13</b> *9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Beginners American Mahjongg Lessons w/Nancy 10:00 American Mahjongg *10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:15 Easy Yoga with Susan	<b>14</b> 9:30 Zumba Video 9:30 Chair Aerobics 9:30 Senior on Strike Bowling (must be pre-registered) 10:00-4:00 Amer. Mahjong *10:30 Japanese Language 10:30 Meditate w/Fereshteh 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout	<b>15</b> 9:30 Chair Aerobics 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30-1:30 UMD Wellness Wednesday Nursing Students (see display board for info) 10:00 American Mahjong 10:30 Chinese Dance w/Ming 10:30 Meditation 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 4:00 <i>Unlock Your Rec Story</i>	<b>16</b> 9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program *12:30 Paint and Socialize 1:00 Dance for Posture (Mandarin)	<b>17</b> 9:30 Stretching Exercises to Taiwan Music w/Linda *10:00 Tai Chi CMC 37 Yang Style 10:30 Diwali Festival of Lights 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00 Asian Mahjong 2:15 Tai Chi with Master Guo	<b>18</b>

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# North Potomac Senior Center 55+ Programs-November 2023

REGISTRATION REQUIRED.  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>20</b></p> <p>*9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Beginners American Mahjongg Lessons w/Nancy 10:00 American Mahjongg *10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy 2:15 Easy Yoga with Susan</p>	<p><b>21</b></p> <p>9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong *10:30 Japanese Language 10:30 Meditate w/Fereshteh 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout 6:30 Scale Modeling Group</p>	<p><b>22</b></p> <p>9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 American Mahjong 10:30 Chinese Dance w/Ming 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p><b>23</b></p> <p><b>CLOSED for Thanksgiving Holiday</b></p> 	<p><b>24</b></p> <p><b>CLOSED for Thanksgiving Holiday</b></p>	<p><b>25</b></p>
<p><b>27</b></p> <p>*9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Beginners American Mahjongg Lessons w/Nancy 10:00 American Mahjongg 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy 2:15 Easy Yoga with Susan</p>	<p><b>28</b></p> <p>9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong *10:30 Japanese Language 10:30 Meditate w/Fereshteh 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout</p>	<p><b>29</b></p> <p>9:30 Chair Aerobics 9:30 Stretching Exercises to Taiwan Music w/Linda 9:30-1:30 UMD Wellness Wednesday Nursing Students (see display board for info) 10:00 American Mahjong 10:30 Chinese Dance w/Ming 10:30 Meditation 10:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p><b>30</b></p> <p>9:30 Zumba Video 9:30 Chair Aerobics 10:00-4:00 Amer. Mahjong 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin)</p>	<p><b>SAVE THE DATE</b> Saturday, December 9th for North Potomac Recreation Center</p> <p><i><b>Holiday Extravaganza</b></i></p> 	

## BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am  
Tuesdays & Thursdays—10:45 to 11:45am & 11:55am to 12:55pm  
Email Ann Marie at AnnMarie.Heiser@montgomerycountymd.gov

## SENIOR FIT CLASSES at NPSC

Mondays & Wednesdays—1 to 1:45pm  
Call Holy Cross Health at 301-754-8800 for registration information during open registration.

## YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30am  
Contact Customer Service at 240-777-6840 or  
Recreation.customerservice@montgomerycountymd.gov